

Sue Roffey

The Wellbeing Stories

The Wellbeing Stories are six stories for 9-13 year old children with a teacher toolkit and a family toolkit for each.

The stories put negative and positive thinking into characters - five for each and these are represented in the stories that deal with various issues of concern to this age group - test anxiety, transition, perfectionism, entitlement, loss and depression and organisational issues. The stories are based in positive and narrative psychology although there is an element of cognitive behavioural approaches.

The positive characters are those we regularly meet in positive psychology and many will recognise the protective factors in resilience - the beautiful blessings, the mindfulness magician, organisation owl, ZIP who sees the best in everyone and everything and Common Sense who is only interested in the facts! The stories are not however, stand alone.

The family toolkit gives information on the issues and ideas as to how to promote the positive at home. The teacher toolkits have numerous activities based in the Circle Solutions pedagogy, one or two for each of the 10 short chapters of each book, The stories are beautifully illustrated by Elizabeth Stanley and two have been written by my colleague Keith Heggart.

These stories have been several years in development and have only just been published - we are keen to share them with everyone!

See www.wellbeingstories.com

Dr Sue Roffey is a parent, teacher, educational psychologist, academic and prolific author. She is an internationally respected authority on school and student wellbeing and in demand as a speaker on related issues. She is the creator of Circle Solutions for social and emotional learning based in the ASPIRE pedagogy for effective implementation. Sue is currently an honorary professor at both Exeter university in the UK and Western Sydney University in Australia and also affiliated with the Cambridge Institute of Wellbeing and University College London. She is the Director of Growing Great Schools Worldwide.

www.growinggreatschoolsworldwide.com